

The Sourdough

S E N T I N E L

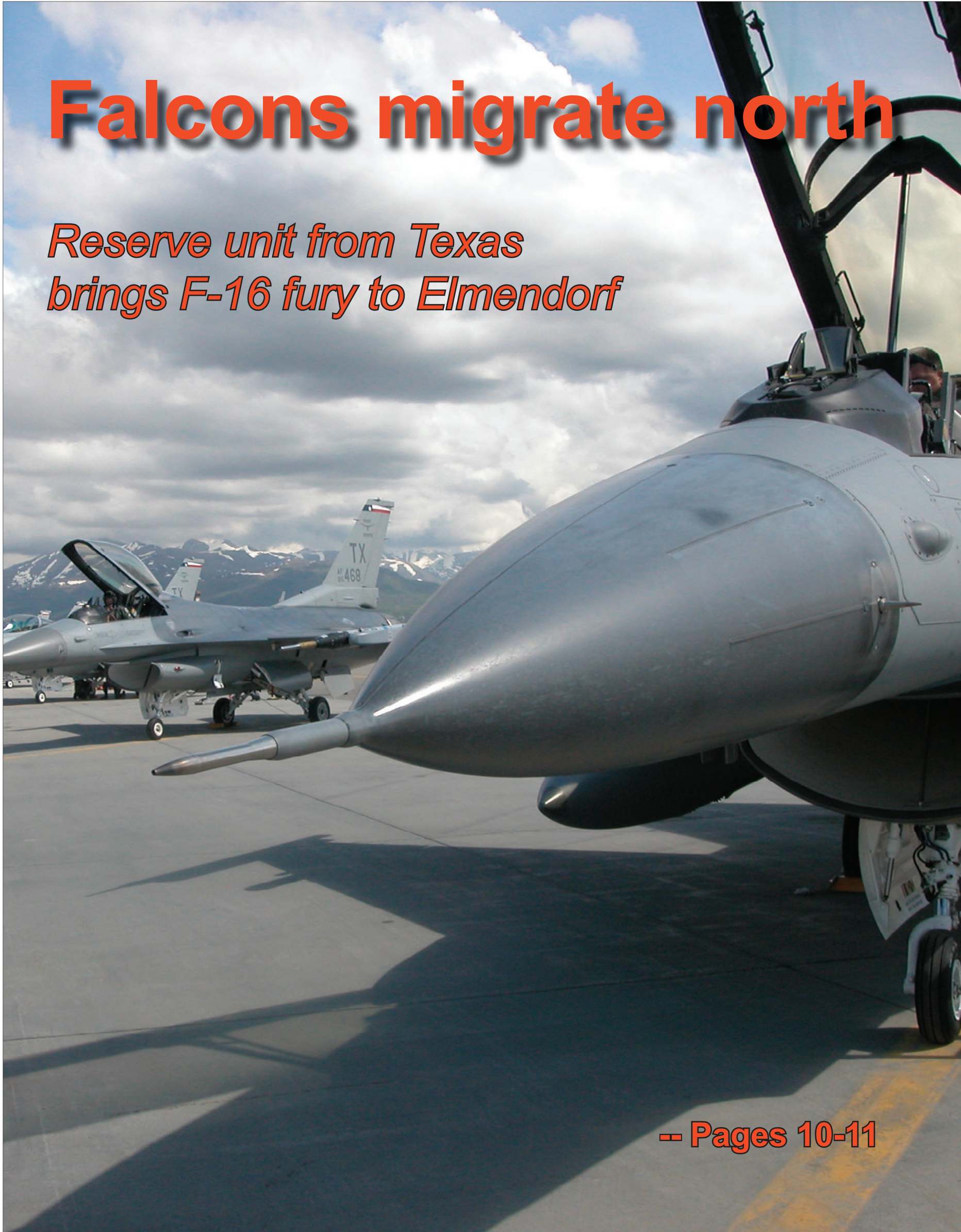
June 3, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 22

Falcons migrate north

*Reserve unit from Texas
brings F-16 fury to Elmendorf*



-- Pages 10-11



Memorial Day remembered

Above: Col. Hawk Carlisle, 3rd Wing commander, gathers with others to attend a Memorial Day ceremony held at the Fort Richardson National Cemetery, May 30.

Right: Members of the Elmendorf honor guard lower the flag during the ceremony at Ft. Richardson.

Below: Tech Sgt. Ted Stearns, a trumpet player with the Band of the Pacific, plays Taps during Saturday's ceremony at Fort Richardson National Cemetery.



PHOTOS BY STAFF SGT. PRENTICE COLTER



Senior Master Sgt. Stephen Lee, Tech. Sgt. Keith Brown, Tech. Sgt. Howard Feinstein, Staff Sgt. Prentice Colter, Staff Sgt. Denise Willhite, Staff Sgt. Rhiannon Willard, Senior Airman Tisha Fernandez and Airman 1st Class Garrett Hothan, all from the 3rd Communications Squadron, expertly supported and documented the 3rd Wing's change of command ceremony, reception, fini-flight and farewell dinner. They researched more than 15,000 photos to select the best of the outgoing 3rd Wing commander's tour and dedicated more than 30 hours to combine photos, music and video clips to create an entertaining 20-minute farewell video. They produced exceptional programs, collages and presentation set-ups for each event which captured their dedication and expert skills.

Airman 1st Class William Wallace, 3rd Equipment Maintenance Squadron distinguished himself during a 180-day inspection on a SUU-20 bomb dispenser. His attention to detail allowed him to accurately identify a fractured detonating cart retainer safety pin. Replacement of the safety pin assembly eliminated a hung bomb condition due to loss of explosive cart and retainer assembly. His actions ensured equipment security and increased reliability of the F-15E aircraft armament delivery system.

Master Sgt. Michael Bierly, 90th Fighter Squadron, showed exemplary dedication to duty in providing outstanding support during the squadron's move into their newly renovated vault. He organized all efforts in assembling and installing furniture and electronics. He worked numerous hours to ensure a flawless relocation of vital assets in minimal time allowing the unit to continue day-to-day operations without missing a single sortie.



Col. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Christopher Thelen, 3rd CES/CC
552-3007
Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Robert Garza, 3rd SFS/CC
552-4304



The Sourdough

SENTINEL

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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Chief, Public Affairs
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NCOIC, Internal Information
Tech. Sgt. Theo McNamara
Staff Writer
Tech. Sgt. Adrian Cadiz
Photographer

3rd Wing Moment in History

May 26, 1900:



Congress appropriated \$450,550.00 to build a long-line communications system in Alaska, known as the Washington-Alaska Military Cable and Telegraph System (WAMCATS), to link the territory's widely scattered and remote communities together and provide access to the rest of the United States.

Air Force finalizes new utility uniform

By Tech. Sgt. David Jablonski
Air Force Print News

WASHINGTON -- Blue and green tiger stripes are out; the digitized pattern with subdued green, tan, blue and gray is in.

After reviewing more than 150,000 bits of feedback throughout the initial seven-month wear test of the proposed utility uniform, Air Force leaders recently decided to eliminate the original color scheme and conduct a limited field test of the new pattern.

Special operations and survival, evasion, resistance and escape Airmen will conduct a limited wear test of the new design at Eglin Air Force Base, Fla., Hurlburt Field, Fla., and Fairchild AFB, Wash., in June.

"The sole purpose of the test will be to see if we can add any features to the uniform to make it a better uniform in the field and to deter-

mine if the new colors (and) pattern provide camouflage protection they need in the field," said Senior Master Sgt. Dana Athnos, Air Force uniform board superintendent.

Airmen who participated in the initial wear test stopped wearing the more vibrant blue-green uniform March 1.

The original wear test involved more than 700 Airmen at 32 bases worldwide who kept detailed daily logs annotating likes, dislikes and wash-and-wear problems. They also completed three surveys.

"Throughout the test, Air Force leaders actively solicited feedback from testers and observers alike to ensure this uniform developed into one that fit the needs of today's Airmen," Sergeant Athnos said.

"There were several avenues for feedback, ensuring that the (Air Force) chief of staff had realistic facts when making the final decision

on the uniform," she said.

Those avenues included a survey sent to, a Web site and direct e-mail to the uniform board.

"Some comments were positive, some were negative -- all of them were provided directly to the chief of

staff," Sergeant Athnos said.

The uniform is scheduled to be procured in mid-2005, officials said. Airmen can expect to purchase the uniform sometime in fiscal 2007. The proposed uniform will be phased in over four or five years.



Wing Safety offers summer safety advice

By Mr. Robert Madara
3rd Wing Safety

Memorial Day weekend began the "101 Critical Days of Summer" safety campaign. As we take time off to enjoy the many summer activities in Alaska, take a few minutes to pause and apply some common sense.

Before starting a three-hour trip to the latest hot fishing location, people need to reflect on their readiness to make the drive after a long work week. As the Chief of Staff of the Air Force said, "The warrior or piece of equipment killed or destroyed in a mishap will never get to the war." This is important because we are at war.

In addition to the impact the loss will have on our Air Force, people need to contemplate the even greater impact it will have on their family and friends. Everyone has a responsibility to them and

the nation to return safely. We need to watch out for each other, and do things smartly.

Historically, private motor vehicle accidents have been the most dangerous activities for Air Force people and their families.

Last year, 32 Air Force members lost their lives during the 101 Critical Days. Eleven of those deaths occurred from motorcycle riding. Thirteen were a result of motor vehicle accidents. This year the trend is alarming.

We lost 37 during the same period in 2003. The all too familiar enemies -- private motor vehicle and motorcycle mishaps. Inattention, failure to follow established procedures, and alcohol abuse are the common causes to these mishaps.

The keys to ending these senseless deaths and staying alive on the roadways are defensive driving, seatbelts, and using good common sense.

Those who plan to travel to their vacation

destination this summer, should make sure their vehicle is roadworthy and they are familiar with road travel hazards. Follow these tips for a smooth drive down the highway:

- Keep vehicles in good operating condition.
- Anticipate heavy traffic flow and allow plenty of time to reach your destination.
- Avoid driving long hours and traveling at excessive speeds.
- In an emergency, pull off the road and turn on flashers or place reflective markers behind the vehicle.
- Observe all traffic laws.
- Beware of weather and traffic conditions that could affect road safety.
- Don't drink and drive.
- Wear seatbelts.

Kenney headquarters (provisional) established

By Tech. Sgt. Martin Jackson
PACAF Public Affairs

HICKAM AIR FORCE BASE, HAWAII — On Wednesday, Pacific Air Forces established the George C. Kenney Headquarters (Provisional) here.

"This is an exciting time in Pacific Air Forces as we standup the General George C. Kenney Headquarters--a provisional full-service, operational level headquarters," said Gen Paul V. Hester, Commander, PACAF. "It will serve as the premier joint forces air and space command and control organization with a standing 24/7 Air Operations Center to serve both the PACAF Commander and the Commander, United States Pacific Command."

This newly formed warfighting headquarters, named after General George C. Kenney, a pioneer in aerial warfare strategy and tactics in the Pacific theater, is commanded by Lt. Gen. Gene Renuart, who is also currently vice commander, Pacific Air Forces. The headquarters will focus exclusively on planning and executing military operations throughout the Pacific theater, excluding the

Korean Peninsula.

"The day-to-day focus of the headquarters is warfighting and contingency response," said General Renuart. "Headquarters PACAF will maintain responsibility for organizing, training and equipping our Airmen."

The headquarters will benefit from its proximity to Hickam's existing Pacific Air and Space Operations Center, which serves as the Joint Force Air Component Commander's operational headquarters, extending from the California coast to the western borders of India and from Alaska down to Antarctica.

"The KHQ(P) will arm the Pacific with a full time, standing Coalition/Joint Force Air and Space Component Commander who is also prepared to Command any Joint Task Force, when tasked," said General Hester. "It provides a network-centric approach to operations that includes the fusion of globally connect-

ed Air and Space Operations Centers with Intelligence, Surveillance, Reconnaissance and Strike capabilities for real-time visibility and precision execution of all contingency and deliberately planned operations."

Standing-up the provisional unit is the prelude to the activation of the headquarters this fall, which is part of the Air Force's plan to establish a continuously operating network of ten warfighting headquarters that support geographic and functional combatant commanders throughout the world.

"This is the first step in standing up as a permanent organization," said Col. Mark B. Tapper, chief of staff, KHQ(P). "Having a provisional unit enables a seamless transition from day-to-day operations to a fully operational and mission capable unit for the unified combatant commander as the air component."

According to Colonel Tapper, first standing up a provisional unit enables them to establish practices and operations for the unit before the activation in the fall.

"The headquarters, composed of experts from various functional areas, allows us to ensure we right-size the organization with the right people in the right places," Colonel Tapper said. "We are also able to continue working the relationships and processes with PACOM, PACAF, and the Numbered Air Forces."



General George C. Kenney

The Air Force's ability to employ forces anywhere in the world enhances national security and ensures military objectives are met.

"The KHQ(P) is the center of PACAF's on-going transformation effort to better posture forces, enable new warfighting concepts, and enhance transformational capabilities such as the F/A-22, C-17 and Global Hawk, said General Hester. "Air and Space power conquers quickly the challenge of the vastness of the Pacific, often expressed as the 'tyranny of distance.'"

Legal Office offers tips when shipping vehicles

Ideas prove helpful in reducing risk to automobiles while making move easier

By Master Sgt. Shannon Payne
 3rd Wing Judge Advocate

The summer months are upon us, and that means moving season has begun. Many people will be shipping their privately owned vehicle in conjunction with their move back to the lower 48 or to another overseas location.

For those getting ready to move and plan to ship a vehicle, there are some tips to follow to make the process easier. Those who experience a loss or damage to their

vehicle will find the claims process will go much smoother if they take the time to follow these guidelines.

Automobiles including jeeps, station wagons, motorcycles, vans and pick-ups can be shipped. Other types of vehicles may qualify, but there may be restrictions. Contact the Traffic Management Office for more information.

Also, POVs that are modified as “low riders” should have at least six inches of clearance to prevent damage. POVs may not have a lift kit

of higher than three inches as well. Any lift kit may cause the vehicle to be “oversized” and servicemembers will be liable for excess cost.

Only authorized personal items can remain inside the POV for shipment. All household and camping items must be removed. Items such as jumper cables, tools normally associated

with the vehicle (not to exceed \$200 in value), one spare tire, comfort items for traveling and car seats are some of the things authorized to be shipped inside your car.

Those who do ship items inside your car, need to ensure those items are inventoried in case they turn up missing at the destination. The contractor should place these small items in a sealed container for shipment with the vehicle.

Another requirement is that each vehicle contains no more than a quarter of a tank of gas and is clean from dirt and mud to facilitate a good, thorough inspection.

The vehicle must be in a safe operable condition; brakes, transmission, lights all work and no broken windows. While at the port, empty the contents of the glove compartment. The inspector will inspect the vehicle, note any pre-existing damage and annotate the current mileage on the DD Form 788 (shipping document).

Those who disagree with any damage the inspector is documenting on the DD Form 788 need to ask for the contracting representative who works for the government. If this person is unavailable, annotate any disagreements on the DD Form 788.

Once the vehicle arrives at its final destination, bring a flashlight and have enough time to inspect it.

Individuals have one hour to thoroughly inspect the vehicle.

It is important to note all damage that is readily visible and start the vehicle to ensure it operates. The contractor is required to annotate agreements and disagreements on the DD Form 788.

People may also engage in negotiations with the contractor to settle any claims on-site. The contractor is obligated to attempt to do this, but members should be aware of local costs to repair items prior to accepting an on-site payment.

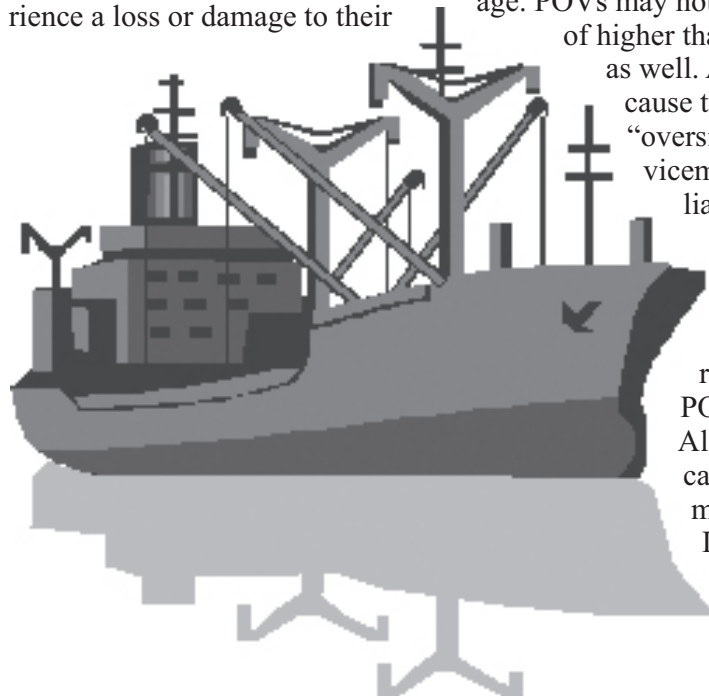
Remember, those who accept an on-site settlement, may not be reimbursed any additional money from the government. People who do not settle their claim with the contractor, should contact the nearest claims office within 30 days to process shipped vehicle claims with the government.

Remember, the DD Form 788 is critical in the claims process.

Editor’s note:

The Department of Defense Form 788 can be found on the documents website at www.dtic.mil/whs/directives/infomgt/forms/formsprogram.htm.

For more information, call the 3rd Wing Legal Office at 552-3046.



AADD STATISTICS

AIRMEN AGAINST DRUNK DRIVING
PICK-UPS
YEAR TO DATE

0964

DUIS FROM
ELMENDORF AS OF LAST WEEK

19

EXCUSES
TO DRINK AND DRIVE

0

POTENTIAL LIVES SAVED BY AIRMEN
AGAINST DRUNK DRIVING

COUNTLESS

WHO TO CALL WHEN YOU NEED A SAFE
RIDE HOME

552-HOME (4663)

Oral hygiene crucial during pregnancy

3rd Dental Squadron

If you are considering pregnancy, you should know that in addition to taking your vitamins and eating healthy foods, now is the time to step up your oral hygiene routine.

Expectant mothers often experience increased gingivitis or pregnancy gingivitis beginning in the second or third month of pregnancy that increases in severity throughout the eighth month. In addition to the oral consequences, periodontal disease during pregnancy has been linked to an increased risk of giving birth to a premature and underweight baby.

An increase in estrogen and progesterone levels during pregnancy causes the gums to react differently to the bacteria in plaque and may cause swelling, bleeding or redness or tenderness in the gum tissue.

“About half of women experience pregnancy gingivitis. However, women with no gingivitis prior to pregnancy are unlikely to experience pregnancy gingivitis,” said Col. (Dr.) Scott Mackey, 3rd Dental Squadron periodontist. “As many people are unaware of the status of their periodontal health, a visit to a dentist or periodontist for a periodontal evaluation before getting pregnant is a good idea.”

During pregnancy women can

after become so overwhelmed with other health care needs that they pay less attention to taking care of their oral needs.

However, if women actually make an effort to pay increased attention to oral hygiene during pregnancy, it can help minimize the effects of hormonal changes in the mouth, according to Colonel Mackey.

“In addition, it is important to continue with your regular dental cleanings and checkups to avoid periodontal infection,” he said.

Women who use oral contraceptives may be susceptible to

the same oral health conditions that affect pregnant women. They may experience red, bleeding and swollen gums. Women who use oral contraceptives should know that taking drugs sometimes used to help treat periodontal disease, such as antibiotics, may lessen the effect of an oral contraceptive. Always tell your dental professionals about any prescriptions you are taking.

For more information about periodontal disease, speak with your dentist or visit the American Academy of Periodontology’s web site at www.perio.org.



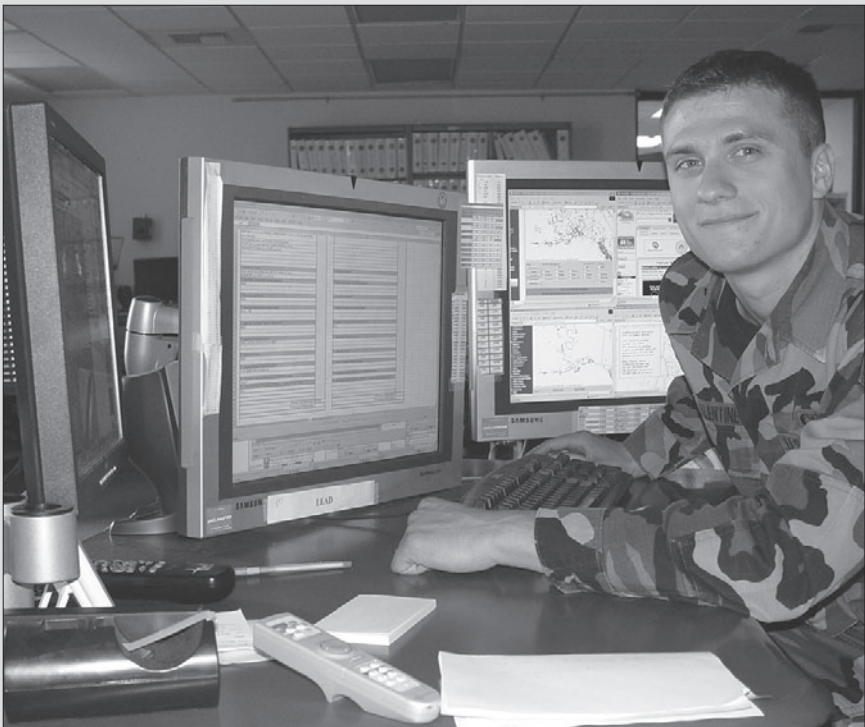
SENIOR AIRMAN FRANCIS LALIC



PHOTOS BY TECH. SGT. THEO MCNAMARA

Senior Airman Torrey Dudley

Duty title: 3rd Equipment Maintenance Squadron, aerospace ground equipment journeyman
Hometown: La Grange, N.C.
Hobbies: Basketball, football and riding ATVs.
How he contributes to the mission: Ensures the serviceability of aerospace ground equipment that supports Cope Thunder exercises and assists in the maintenance of 22 global de-icer trucks
Time at Elmendorf: Three months
Time in the Air Force: Five years
Best part of being in Alaska: The great outdoors
Supervisor’s comments: “Airman Dudley just arrived to Elmendorf in April and since day one, he’s been non-stop in getting the equipment ready to host our next Cope Thunder exercise. He is a highly motivated and skilled technician, there is no job too tough, and he can handle any task thrown at him. I’m confident that Airman Dudley will excel to be an outstanding supervisor.” Tech. Sgt. Larry Rhodes



Staff Sgt. Mitchell Valentine

Duty title: 11th Operational Weather Squadron weather theater fore-caster
Hometown: Atlanta, Mich.
Hobbies: Hunting, camping, going to the movies, biking and spending time with my family
How he contributes to the mission: Produces environmental information for Alaskan NORAD region, Alaska Command and 11th Air Force and U.S. Army Alaska commanders and staff. He’s also responsible for supporting commanders with metrological conditions impacting the use of DoD assets operating from 25 diverse locations.
Time at Elmendorf: One year, six months
Time in the Air Force: Four years, six months
Best part of being in Alaska: The scenery
Supervisor’s comments: “Sergeant Valentine epitomizes the military professional. His unsurpassed initiative and leadership skills enable the unit to bring its best to the fight.” 1st Lt. Nicole Winters

Changes of command

The following squadrons are having change of command ceremonies:

- Lt. Col. Colin Wright assumes command of the 90th Fighter Squadron today at 1:30 p.m. inside Hangar 15.

- Col. Michael Thornton will assume command of the 732nd Air Mobility Squadron, Monday at 2 p.m. at 15380 Airlifter Drive.

Home seminar

The Housing Office is offering a home purchasing seminar Monday at 1 p.m. at the Housing Office, 6346 Arctic Warrior Drive.

The class lasts about three hours. Seating is limited, call for reservations at 552-4439/4328.

Suicide prevention

All military and civilian members are required to attend one of the following suicide prevention briefings at the Base Theater to satisfy their annual training requirement: Monday at 3 p.m., Wednesday at 7:30 a.m. or June 14 at 3 p.m. Call 580-1399 for more information.

Family Support Center

- The Hearts Apart Dinner is scheduled for today at 7 p.m. at the Lonestar Steakhouse.

For more information, call Sheila Braeutigam at 552-9290.

- Relocation assistance is available for individuals planning to move and take the ferry or who plan to drive the ALCAN highway.

For more information, call 552-4943.

Yard of the Month

Aurora Military Housing will be offering the Yard of the Month program. The objective is to foster owner pride, improve the beautification of yards, and enhance the overall appearance of the housing areas.

A winner will be selected the last Tuesday of the month from the four major housing areas beginning in June and ending in September. The criteria for selection will be based on mowing, trimming/edging, color and lawn coverage. A \$200 prize will be awarded to each winner.

Refer to the Tenant Handbook or call the Aurora Military Housing office at 753-1051 for additional details.

Road awareness

Vehicle operators are reminded to use caution when they encounter units conducting ‘fit runs’ on base.

All drivers will yield the right-of-way to all formations marching on a street or roadway on Elmendorf. The maximum speed while passing troops (from any direction) is 10 miles per hour.

If overtaking a formation going in the same direction, the operator will not pass the formation until signaled or motioned to by the troop commander. If meeting a formation going in the opposite direction, the vehicle operator will reduce speed and pass with caution.

Arctic Warrior Olympics

The Company Grade Officers

Council is sponsoring this year’s Arctic Warrior Olympics competition. The Olympics are being held in conjunction with the Anchorage Chamber of Commerce’s annual Military Appreciation Day picnic June 10, at Paxton Park.

For more information on the Arctic Warrior Olympics or to register for one of the many events, visit the base intranet site at <http://topcover/units/awo/awo.htm>.

King salmon trip

The Outdoor Recreation office at Ft. Richardson is sponsoring a day trip for king salmon fishing at the Little Susitna River June 17.

For this guided trip, they will supply the fishing poles, waders and transportation for \$40 per person. Seating is limited. For more information or a reservation, call 384-1475.

ESPEAK meetings

The Enlisted Spouses of Elmendorf Alaska, ESPEAK, meetings will now be held at the Family Support Center. The next general meeting is Wednesday at 6:30 p.m. If you are interested in joining the fun or would like more information, call Donna Baker at 868-1193.

Mandatory training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s initial training June 28 at the 3rd CES Conference Room located at 6326 Arctic Warrior Drive from 10-11:30 am. For more information, call 552-8665/3727.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 6 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

Arctic Life

Great living in the great land

Security Forces raise \$1,600 for Special Olympics

By Tech Sgt. Theo McNamara
Staff writer

Fifty-seven members of the 3rd Security Forces Squadron joined other Alaska law enforcement agencies for the 2005 Alaska Law Enforcement Torch Run in Anchorage; contributing to a total of more \$29,000 to support the Alaska Special Olympics program.

Sixteen other Alaska communities also participated in the annual event which had a mass, statewide start at 10 a.m., May 21. Unlike runs in the Lower 48, where the Law Enforcement runs go from state line to state line, the 17 participating Alaska communities ran 5-kilometer events.

Master Sgt. Daniel Morgan, 3rd SFS, led Elmendorf's effort which raised a record \$1,606 this year and had more volunteer participation than any other 3rd SFS volunteer effort in recent history.

"Last year we raised \$1,200 and for that, we earned a trophy because we raised the most money of any single organization in the state," said Sergeant Morgan. "Raising \$1,600 this year really shows the huge amount of enthusiasm and excitement there was throughout the squadron to help give these kids a chance to achieve greatness in Alaska's Special Olympics."

Another way the 3rd SFS members increased their involvement

was through activities at the event's starting and ending point. "Our troops hosted a handful of demonstrations: the most popular of which was the military working dogs, said Sergeant Morgan. "It was really just an amazing and cool thing to see so many young Airmen volunteer. These young folks are working long hours, deploying all over the world and still finding time to give back to the community and a really big way."

Elmendorf had 47 runners participate in the run and 10 volunteers who helped with coordination and participated in various demonstrations.

According to Sergeant Morgan, for Elmendorf's security forces this event is more than a great way to help the state's mental disabled children. "This is a neat thing for cops because it gives us all a chance to interact with each other. It's a camaraderie of arms for all the law enforcers from all the area communities."

The Law Enforcement Torch Run is as international in scope as the organization it benefits. Special Olympics is the common charity of choice adopted by law enforcement agencies throughout the United States, and in 30 other countries. Collectively, these events earn more than \$18 million annually for Special Olympics programs worldwide.

Funds generated by the Alaska Law Enforcement Torch Run will stay in Alaska. The money raised will be used to support training and competition programs for more than one thousand Alaskan athletes with disabilities.

The culmination of Alaska's torch runs will come in mid-June at West High School in Anchorage, when law enforcement runners from across Alaska take part in the "Final Leg." These Runners will deliver the Flame of Hope to the Opening Ceremonies of this year's Summer Games, scheduled to begin June 10.



PHOTOS BY STAFF SGT. PRENTICE COLTER

Staff Sgt. Christopher Knabe, 3rd Security Forces Squadron, and his daughter, Jordan, run in the 2005 Alaska Law Enforcement Torch Run for Special Olympics near Anchorage's West High School, May 21.

For Sergeant Morgan, it's the second year he's led an effort to "inspire greatness" within the Alaskan community.

"This was my first year to spearhead the squadron volunteer effort. It's a lot of work that began in March, but the benefits are obvious now and will be even more evident at the Olympic Games at West (High School) in June," he said.

"My involvement last year was a whole lot simpler," the sergeant explained. "At this time a year ago, I was a mid-shift flight chief and had a big group of Airmen working for me, so when the squadron was looking for people to volunteer to support the run, we took it on as a flight project. All of us got involved, and we treated it as a PT (squadron physical training) thing. I think the Airmen deserve

a lot of credit for creating the enthusiasm that pushed support for this year's event even higher."

And it's not to late for others to show their support, according to Jay Carey, Special Olympics of Alaska.

"Alaska's size makes Special Olympics of AK one of the busiest and most logistically challenged programs in the world, which is why a strong state and local volunteer structure is all the more important," explained Mr. Carey. "We're specifically looking for people to help with food services, transportation, housing, giving out awards, and sports specific support."

For more information on how to get involved or to volunteer, call 222-7625, extension 1 or e-mail them at volunteer@specialolympicsalaska.org.



Airman 1st Class Melissa Mitchell, 3rd Security Forces Squadron, assists a runner at the registration desk for the 2005 Special Olympics Law Enforcement Torch Run at West High School in Anchorage, May 21.



Col. Jay Clemens, commander

Unit Spotlight 3rd Aerospace Medicine Squadron

MISSION:

The 3rd AMDS provides direct medical care for more than 2,000 empanelled patients and preventive medicine, bioenvironmental engineering, medical readiness, aerospace physiology, optometric, and health promotion services for 6,900 wing people. They serve F-15C, F15E, E-3B, C-130 and C-12 missions by addressing community, environmental, and medical needs for their crew members, keeping them worldwide qualified and combat capable to support global power and global reach.





AIRMAN 1ST CLASS JONATHAN THRASHER

Tech. Sgt. Ed English, 301st FW jet engine mechanic, tightens some fasteners on an F-16 engine he removed for repairs.



AIRMAN 1ST CLASS JONATHAN THRASHER

Staff Sgt. Raymond Minhoto, 301st FW mechanic, prepares an aircraft for an engine change out. He is one of more than 170 reservists from Texas who have deployed here for training.

Texas heat wave strikes Elmendorf

By Tech. Sgt. Stephen Bailey
301st FW Public Affairs

The 301st Fighter Wing, an Air Force reserve wing that deployed to Elmendorf for a two-week training event, departs Saturday back home to the Texas heat.

The wing deployed to Alaska with eight F-16 aircraft and more than 170 support personnel including administrative, maintenance, security forces and civil engineers to help participate in dissimilar flying missions with 3rd Wing's aircraft.

The Texas reservists performed their annual training requirement which included working alongside their active-duty counterparts. "Our trip to Elmendorf has been more than what we expected," said Lt. Col. Tommy Williams, 301st FW deployed commander. "We have had great flying weather, fantastic support, and great training opportunities – we couldn't have asked for more."

The 301st FW is based at Naval Air Station Joint Reserve Base Fort Worth. The wing is home to the F-16C, Fighting Falcon, a highly maneuverable single-seat, single-engine aircraft capable of Mach-2 speeds.

The 301st FW completed 84 F-16 flying missions and many hours of training for maintenance and support personnel. According to reserve officials, working alongside their active-duty counterparts provides great insight and opportunities for sharing information on how to accomplish the Air Force mission – a great learning experience for everyone involved.

This has been the second trip to Alaska for the Texas reservists in the last five years.



STAFF SGT. SUE NUCKOLLS

An F-16 Fighting Falcon from the 301st Fighter Wing soars through the skies over Alaska May 31. The 301st FW flew training missions with 3rd Wing aircraft.



TECH. SGT. STEPHEN BAILEY



TECH. SGT. STEPHEN BAILEY

Above: Senior Airman Josh Lankford, 301st FW life support technician, helps test flight gear.

Left: Crew chiefs from the 301st FW inspect an F-16 from their unit. The 301st FW arrived May 21 for a two-week training mission in the open skies of Alaska.

Bowling returns to Elmendorf

By Mrs. Mary Rall
3rd Services Marketing

Come out and celebrate the grand re-opening of the Polar Bowl June 9 from 3-10 p.m. Enjoy free food, door prizes, and free bowling and shoe rentals throughout the day.

The facility is opening again after a month-long closure to install new pinsetters. The free food and door prizes will be offered from 3-6 p.m. and Xtreme bowling will begin at 8 p.m., so be sure to join in as we break-in our new equipment and the Xtreme show.

In addition to new pinsetters, the Polar Bowl is offer-

ing some new programming for patrons this summer.

Youth 6-12 can get Hooked Up 2 Bowling and enjoy one hour of bowling for eight weeks with a Silver-Certified bowling coach for \$75.

Upon completion of the program, participants will receive a pizza party and get their own bowling ball, bag, towel and certificate of completion. Participation in this program is limited.

The fun of the Hooked Up 2 Bowling Program isn't limited to youth. Bowlers 17 and older can "learn the curve" through a program of their own and learn game basics or improve their game

alongside a Silver-Certified bowling coach for \$99.

Upon completion of this 10-week league, bowlers will receive their own ball, bag, towel, a Hooked Up 2 Bowling polo shirt and a certificate of completion.

Registration for both Hooked Up 2 Bowling programs will be featured June 20-30 at the Polar Bowl. Neither program has a start date yet.

Patrons can also make the catch of a lifetime Mondays and Tuesdays during open bowling through the H.B.R. Fisherman's Challenge. Just pick up your "hook," "bait" and "rod" cards and catch a halibut for every paid game during open bowling.

Catch 10 halibut and put your catch in the Bait Pail for a chance to win in weekly and monthly drawings and a grand prize Seward halibut fishing trip drawing in August.

The Polar Bowl will be open Monday through Thursday from 11 a.m. to 9 p.m., Friday from 11 a.m. to 1 a.m., Saturday from noon to 1 a.m. and Sunday from 1-8 p.m. throughout the summer.

The facility's Igloo Lounge will be open Wednesday and Thursday from 5-9 p.m. and Friday and Saturday from 5 p.m. to 1 a.m. The lounge will be closed Sunday through Tuesday. For more information, call 552-4108.



STAFF SGT. SUE NUCKOLLS

Nicole Nuckolls throws a ball down the lane during kids bowling day at the Polar Bowl, April 12.

...:inside the fence

Give Parents a Break, Today from 7-11 p.m. at the Denali CDC. 552-8304

Movie Night, Today from 4-6 p.m. at the Young Adult Center. 753-2371

Summer Camp Parent Orientations, Monday at 11:30 a.m. and 6:30 p.m. at the School Age Program. 552-5091

Road Bike Training Ride, Monday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

Kayak Pool Training, Tuesday at 8 p.m. for \$25 at the Fitness Center Pool with the Outdoor Adventure Program. 552-2023

Eagle River Rafting, Tuesday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Summer Camp Parent Orientations, Wednesday at 11:30 a.m. and 6:30 p.m. at the School Age Program. 552-5091

Mildly Ill Child Care Open House, Thursday from 11 a.m.

to 2 p.m. at 4043 Arctic Warrior Drive Unit C. 753-2454

Homeschool Beginning Woodcrafts, Thursday from 2-4 p.m. for \$15 at the Arts and Crafts Center. 552-7012

Morning Coffee Conversation, Thursday at 10:30 a.m. at the Arctic Oasis Community Center. 552-8529

Children Eat Free, Thursday-June 11 with each adult dinner purchased at the Susitna Club. 753-3131

Eagle River Rafting, Thursday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Stained Glass Quilting, Thursday, June 16, 23 and 30 from 6-8 p.m. for \$40 at the Arts and Crafts Center. 552-7012

Mountain Bike Training Ride, Thursday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

Embroidery Stitching, Thursday and June 16 from 5-7 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Beginning Crochet Purse, Thursday June 16 from 5-7 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Family Night Pouring Ceramics, Thursday from 5:30-7:30 p.m. for \$15 at the Arts and Crafts Center. 552-7012

One Stroke Carnation Painting, June 10 from 3-5 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Movie Night, June 10 from 4-6 p.m. at the Young Adult Center. 753-2371

Wildlife Museum and Midnight Sun Park Trip, June 10 from 12:30-5 p.m. for free at the Youth Center. 552-2266

Social Hour and Taco Bar, June 10 from 5-6 p.m. in Kashim Lounge and The Cave.

Babysitting Class, June 10, 8 a.m. to 5 p.m. at the Arctic Oasis Community Center. 552-8529

* Sign up for Arts and Crafts Center classes three days in advance.

SUPER FRIDAY: Sample some social hour snacks and drink specials at Super Friday from 5-6 p.m. in the Kashim Lounge and The Cave. This event is open to those 18 and older. 751-3131.
MOVIE: *Sahara* (PG-13) Master explorer Dirk takes on the adventure of his life when he embarks on a treasure hunt through some of the most dangerous regions of North Africa. Searching for what locals call "The Ship of Death," a long lost Civil War battleship filled with coins, Pitt and his wisecracking sidekick use their wits and clever heroics to help Doctor Eva Rojas who believes the ship may be linked to mysterious deaths in the very same area. 7 p.m.

...:sat

PLAY ON: Get that thumb action going at a Video Game Tournament from 4-6 p.m. at the Young Adult Center. 753-2371.
MOVIE: *Sahara* (PG-13) See above for movie description. 7 p.m.

...:sun

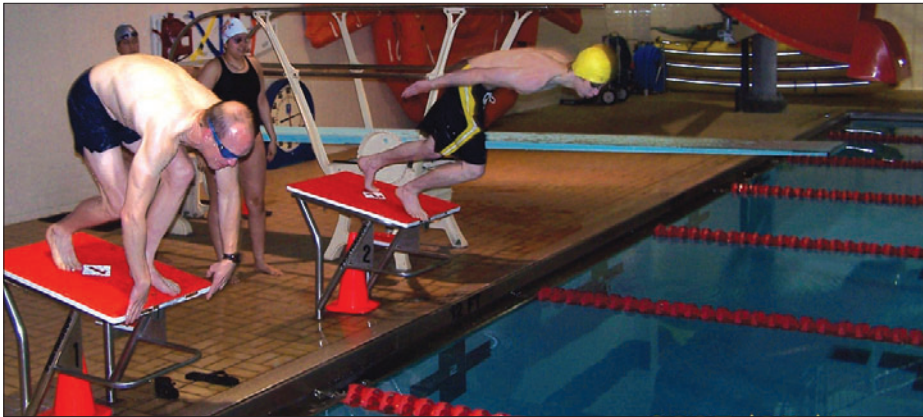
BRUNCH BUNCH: Dig in to the Sunday Brunch from 10:30 a.m. to 2 p.m. at the Susitna Club and get a taste of the wide variety of breakfast and lunch items featured weekly at this event. 753-3131.
MOVIE: *King's Ransom* (PG-13) Malcolm is a wealthy and arrogant businessman whose soon to be ex-wife has plans to get everything he's worth in their divorce settlement. To avoid losing his fortune to her, Malcolm plans his own kidnapping. 7p.m.

...:fyi

SPEAK OUT: Military spouses now have an opportunity to influence Services programming by attending a Spouse Forum June 21 from 7-9 p.m. at the Susitna Club. Enjoy heavy hors d'oeuvres, a catering demonstration and give your personal input on Services programming. This event is open to all spouses. Although participants are welcome to drop in, reservations are greatly appreciated and will be accepted through June 20. For more information, call 552-5900.

SPORTS PAGE

May Fitness Month draws big crowds—from kids to canines



PHOTOS BY MR. TOM LAWSON

Swimmers dive in the pool to compete in the 200 yard relay during a Pacific Air Forces May Fitness Month event, at the Base Fitness Center.

By Tech. Sgt. Theo McNamara
Staff Writer

Pacific Air Forces May Fitness Month drew big crowds — more families, more animals and more people participating in more events than ever in its history.

According to Tom Lawson, Fitness Center director, event participation by both people and pets was way up right from the beginning compared to previous PACAF May Fitness Months.

May Fitness Month is a PACAF initiative to encourage people to get involved in a personal fitness program.

Events at Elmendorf kicked off May 7 with a People and Their Pets Fun Run and according to Lawson, “That run had the biggest turn out ever, in fact, two of the 30 dogs that participated were so big I think you’d need a part-time job just to feed ‘em. According to one of the dogs it was a real ‘ruff’ race.”

“But literally,” he said, “the pet-run participation was a good gauge of how well attended the month’s five other events would be. It’s nice to see all the families getting out and participating in base fitness events. There were more than 40 people at the opening event.”

The competition became a little more intense as the month progressed and two new events this year motivated a few newcomers to strut their stuff at the base fitness center or in this case, *lift* their stuff.

Mike Aldrich, a fitness center newcomer, won the Bench Your Own Body Weight contest. He lifted 175 pounds 28 times for the win. His closest competitor, a 260-pounder, put his own weight in the air 20 times.

“The PT-Challenge didn’t draw a big crowd but was probably the fiercest of all the competitions. You didn’t need to be involved in this one if you weren’t in fairly decent shape,” the fitness director said. “In this event, we wanted to see who could do the most push-ups, sit-ups and run the

fastest one and a half-mile.”

Every contestant had a judge to ensure every push up and sit up was in proper form and legal. Michael Ottenweller is Elmendorf’s top PT performer. He finished the run in 8:25, which was fourth place; he was the number two guy for sit-ups, 70; but his 104 push-ups put him in the winners seat at the end of the competition. The only woman to take on the PT Challenge was Valencia Flowers, who pressed out 19 push ups and 84 sit ups before she completed her run in 11 minutes and 44 seconds.

Michael Jordon, Bob Starton, Ben Nealy and Shawn Gannon completed the 200-yard freestyle relay race at the base swimming pool first and Lewis Carter and Valerie Guilfoil took top honors for the women’s and men’s Armed Forces 5K race.

Seventeen road-bike riders spent two days trying to catch up with Shawn Gannon and his bike, but his nearest competitor lagged by a full six minutes of catching the Alaska Air National Guardsman who won both day’s events. The Tour d’Elmendorf was broken into two parts: a 17-mile distance and a 9-mile time trial race on day two.

All participants and winners received gifts and prizes.



Road-bike riders ready for the two-day Tour d’Elmendorf Bike Race which capped off May Fitness Month, May 27 and 28. A 17-mile distance race started the event and day-two consisted of a 9-mile time trial race. Shawn Gannon finished the event in 1 hour, 6 minutes, nearly a mile ahead of the pack.

Youth baseball season heats up

Elmendorf’s Red Sox baseball pitcher, Ryan Caron, 10, delivers a strike-zone pitch with enough speed to leave an Anchorage Diamondbacks player waiting in the batter’s box for another chance, during a game May 18, at Anchorage’s Centennial Park off Muldoon Avenue.

The Red Sox are a 3rd Services Squadron Youth Sports Minors League team (9 and 10 year olds) that for the first time is playing against teams in the Anchorage community.

The Diamondbacks and two other local teams make up the Polar League. The Anchorage Nunaka and Elmendorf Minors leagues both have three teams and a Fort Richardson Army Post team rounds out the line up of 10 teams.

All 10 teams engage in play, but the contests are noncompetitive, developmental games in which scores are not kept. The youth program is more focused on developing skills and encouraging good sportsmanship, according to league organizers.

Elmendorf has four other leagues that play on both on- and off-base fields throughout north Anchorage and on Elmendorf. The Youth Sports Program has one girls softball team that also plays with other Anchorage community leagues.

The Red Sox are on the field at Centennial Park again Monday at 6:30 p.m. They’ll face Polar 2 from the Polar League.

A complete schedule of games for all of Elmendorf’s leagues is available from the Youth Center, call 552-2266 for more information.



AIRMAN 1ST CLASS GARRETT HOTHAN

Fitness Test Standings

The following are the most current Air Force Fitness Test averages for the units on base along with the top five individual scores from the past week’s testing, courtesy of the HAWC:

Unit Average Scores

611 APF – 89.53
3 DS – 86
732 AMS – 82.3
517 AS – 84.88

Men

1.5-mile run:

Lewis Carter, 732 AMS – 7:39
Michael Blahut, 12 AMU – 8:32
Matthew Roberts, 12 AMU – 8:52
Eric Icenhower, 12 AMU – 8:54
Ean Albin, 12 AMU – 9:18

Push-ups:

Kevin Hoover, 611 APF – 102
Eric Icenhower, 12 AMU – 92
Ryan Butler, 12 AMU – 89
Marc Woodworth, 517 AS – 86
Chris Aguilar, 12 AMU – 83

Crunches:

Matthew Gallo, 732 AMS – 81
Eric Icenhower, 12 AMU – 75
Marc Woodworth, 517 AS – 73
Marlon Robinson, 12 AMU – 72
Matthew Roberts, 12 AMU – 71

Women

1.5-mile run:

Beth Johnson, 12 AMU – 10:42
Valencia Flowers, 12 AMU – 11:05
Kathy Callaghan, 517 AS – 11:05
Erin Wahlin, 12 AMU – 11:27
Ashley Stephens, 732 AMS – 11:25

Push-ups:

Erin Wahlin, 12 AMU – 54
Carolyn Small, 732 AMS – 50
Ashley Stephens, 732 AMS – 50
Malinda Kingsley, 732 AMS – 49
Jessika Mullen and Donna Locke, 12 AMU – 45

Crunches:

Carolyn Small, 732 AMS – 60
Ashley Stephens, 732 AMS – 58
Michelle Gonzalez, 12 AMU – 57
Gerae Turner, 3 CPTS – 56
Melanie Moore, 732 AMS – 56

D-DAY 1944

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. D-Day beach
- 5. D-Day beach
- 9. D-Day beach
- 11. Stereo button (abbrev.)
- 12. Molecule part
- 13. Inventor Whitney
- 14. Tropical fruits
- 17. Epoch
- 18. Type of wood for furniture
- 19. Lawn rows
- 21. Countries who opposed Nazis, informally
- 22. Middle East country (abbrev.)
- 23. Sodium hydroxide
- 24. Lump
- 25. Something to cook with (two words)
- 27. After dinner dessert
- 28. Hearing organ
- 29. Spring mon.
- 30. Prod

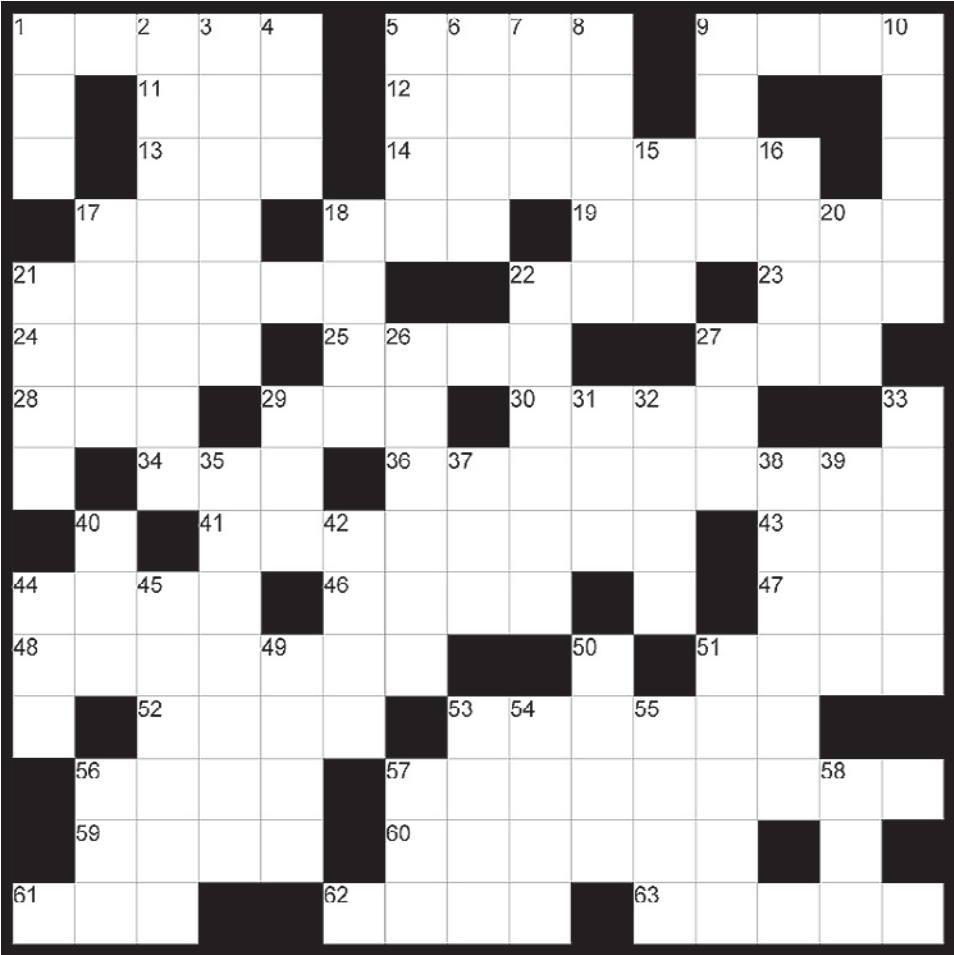


Last week's solution

- 34. Mil. org.
- 36. Of or relating to the cuticle
- 41. Site of D-Day
- 43. Pie ____ mode
- 44. Part of a church
- 46. Is sick
- 47. Computer connection
- 48. Operation name for naval por-tion of D-Day
- 51. Defeat
- 52. Joint
- 53. Stumble
- 56. Big rig
- 57. Deception operation for D-Day
- 59. Beloit college and 30 WI churches founder Stephen
- 60. Ordain
- 61. Writer Rand
- 62. 21 ACROSS opponent
- 63. Pairs

DOWN

- 1. Movie genre ____-Fi
- 2. Name of Operation for D-Day
- 3. Antacid tablet
- 4. Mil. language school in Mon-terey, CA
- 5. Punches
- 6. D-Day beach
- 7. Persona ____ grata
- 8. D-Day beach
- 9. Happy
- 10. Soak
- 15. Formerly
- 16. Mil. insurance
- 17. Singer Fitzgerald
- 18. Mil. fast
- 20. See
- 21. Makes a perfect score
- 22. Opens a brooch
- 26. Medical slang for an early birth
- 27. Each



- 29. Bother
- 31. Strange
- 32. R&B artist Alicia
- 33. Direction other than perpendicu-lar or horizontal
- 35. Single occasion (two words)
- 37. Mate
- 38. Portugal museum
- 39. Unfortunately
- 40. Imitate
- 42. Airman Basic, Airman, Airman First Class, etc.
- 44. Picnic pest
- 45. Organ that produces immune cells
- 49. Mil. group
- 50. Egyptian king
- 51. Actress Midler
- 53. Singer Braxton
- 54. Greek god of love
- 55. Hue
- 56. Spook
- 57. Facsimile, in brief
- 58. Dike